

February 2023



# CMS Connection

Illinois Department of Central Management Services' Monthly Newsletter



Acting Director Raven A. DeVaughn

## ACTING DIRECTOR'S MESSAGE

Since joining CMS in September 2021, I have had a bird's eye view of the amazing feats accomplished everyday by our various Bureaus. I consider the opportunity to work alongside each of you as one of my most treasured professional accomplishments to date. I am impressed, proud, and humbled to serve with such a dedicated group of professionals.

CMS truly is the operational engine powering the State of Illinois. The work we do every day is critical to the forward progression of our local communities, the state, and honestly, our country. The breadth of our responsibilities is massive, complex, and never-ending. However, as a team, we are industrious, intelligent, and unstoppable—proven by our accomplishments as an agency over the last four years. My goals for CMS are simple:

- Promote a culture of appreciation and excellence
- Be an employer of choice within the State
- Use our status as subject-matter experts to advance the State
- Prioritize innovation in all our work
- Plan. Execute. Achieve.

How we accomplish those goals rests solely on our ability to work together, communicate up/down/across, and commit to progress.

As Director, I commit to being thoughtful, open, decisive, and a fearless advocate for all of CMS (our people, our work, our goals, even our restraints). We are the customer service hub for the State. We have an incredible amount of internal and external customers. I want us to deliver what we said we would, when we said we would—and in the event we cannot deliver, communicate early and often so that there are no surprises. CMS should be synonymous with expertise, professionalism, and collegiality.

You can expect for me to have a high bar, to be a good listener, and to care. I will not always have the answers—but together, we will develop a plan and execute that plan. I trust you as the subject-matter experts. In turn, I ask that you trust me as your main supporter—when you succeed, we all succeed. Together, we will refine our vision for the next season of transformation at CMS.

I am excited about leading this chapter in the CMS storybook and I look forward to continuing our rise to becoming a model agency whose breadth and depth of work is woven in the fabric of our great state.

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To learn more and keep up  
with CMS, visit us online.



## EMPLOYEE OF THE MONTH - FEBRUARY 2023

**Connie Newman, Operations Manager, IOCI**



CMS is pleased to recognize **Connie Newman, Operations Manager of the Illinois Office of Communication and Information (IOCI)**, as the February 2023 CMS Employee of the Month.

The goal of IOCI is provide state-of-the-art, reliable, cost-effective, high-quality communications services to state agencies, boards, and commissions in ways that improve knowledge, drive engagement, and boost usage with key internal and external stakeholders.

As Operations Manager, Connie plans, organizes, executes, and controls the day-to-day business of IOCI and the team that produces a wide range of communications and marketing deliverables for the State of Illinois. This includes graphic design to promote programs, services, and opportunities for government entities in numerous types of media (print, display, web, social, etc.). In addition, as a resource for the news media, IOCI maintains a directory of media contacts for State and provides on-location and in-studio video production, satellite broadcasting, radio services, photography, and publication services. IOCI also provides information services such as press summaries and press release support for agencies and elected officials.

Connie has continually proven to be a very hard worker, with a passion for her job. She is a skilled multitasker, an asset to completing the different types of communications that IOCI produces. She is always willing to step in and play any role needed to get the job done to the satisfaction of clients and stakeholders. The result of these efforts is the execution of thousands of video, audio and graphics

projects annually, assisting the nearly 70 Agencies, Board and Commissions in telling their stories and educating the residents throughout all of the State of Illinois about the many resources and opportunities available for them.

Connie's knowledge and expertise continues to benefit various projects. She is the first point of contact with the Governor's Office on events ranging from the budget address to daily press conferences. As a journalist at heart, she will research answers to questions she may not be familiar with to ensure the correct answer for the bureau, agency and key stakeholders. She is a seasoned professional that is able to pivot in dynamic situations to adapt to the changing methods of communicating while ensuring that bureau and agency is in compliance with all statutes, regulations and processes.

**It has been my privilege to work alongside Connie in service to the residents of the State of Illinois," said Cathy Kwiatkowski, CMS Deputy Director, "CMS and the State of Illinois are fortunate to have Connie's wide breadth of experience on our team."**

### Congratulations, Connie Newman!

#### CMS Employee of the Month

Do you have a CMS Team member who is doing exemplary work? Would you like to nominate them to be recognized?

We welcome you to nominate a fellow CMS employee for the Employee of the Month award. As the name implies, we are looking for those CMS employees who routinely go above and beyond, take pride in their work, provide excellent customer service, strive to do their very best and are great colleagues and teammates for the rest of us.

The [CMS Employee of the Month Nomination Form](#) and additional details are available on the CMS intranet site.

All nominations should be e-mailed to [CMS.EOTM@illinois.gov](mailto:CMS.EOTM@illinois.gov).

## CMS Team Happenings! New Hires & Promotions & Retirements

A warm welcome, congratulations and good wishes to our CMS Team!



### New Hires - Welcome!

**Gregory Knowles**, Property Management

**Samantha Long**, Legal

**Mark Maloney**, Agency Services, Department of Vehicles

**Jisung Shin**, Directors's Office

### Promotions - Congratulations!

**Angela Cope**, Personnel

**Marta Crews**, Personnel

**Michelle Gray**, Benefits

**Rhonda Ross**, Personnel

**Alice Schroeder**, Personnel

### Retirements - Best Wishes!

**Pamela Bowen**, Personnel

**David Grotts**, Agency Services

**Patrick McArthur**, Property Management

**Cynthia McIntosh**, Personnel

**Tina Patterson**, Personnel

**Ross Pollina**, Property Management

**Cheryle Pruitt**, Property Management

**David Rector**, Agency Services

**Michael Talkington**, Property Management

**William Van Giesen**, Property Management

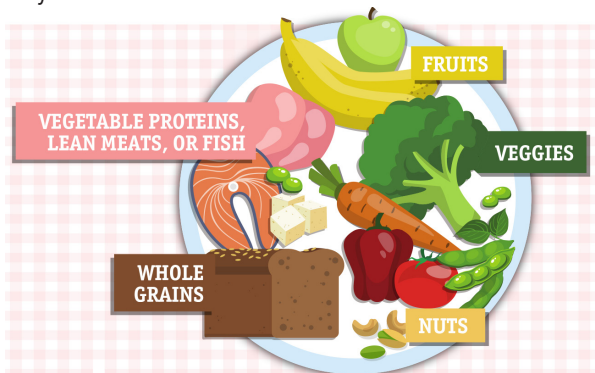
## SAFETY CORNER

### Strategies for a Healthy Heart

February is American Heart Month, a time when we can all focus on cardiovascular health. According to the CDC, Heart disease is the leading cause of death for people in the United States across all demographic groups. In 2020, around 697,000 people died from heart disease. This equates to one person dying every 34 seconds... Got your attention? Good, let's talk about ways to prevent you from turning into a CDC datapoint.

### Eat a Healthy and Balanced Diet!

This seems obvious but you are not alone if you are tempted from shying away sometimes. Let's face it, sometimes the healthy food choice is just plain boring. However, there are ways to make some healthy foods taste better. Get those creative juices flowing or consult recipes to create a new dish. The internet has some great suggestions for just about any food you want to prepare. Figure 1 illustrates the balance of food that you should aim to consume for a healthy heart.



### Choose your Drinks Wisely

Whenever you can, try to substitute that soda or sugary drink for water. Just cutting out soda can reduce your calorie intake significantly and leave you feeling healthier. You don't have to go cold turkey. Try to ween yourself slowly by transitioning to flavored sparkling water then make your way to the real deal H2O.



### Stay Active!

The CDC recommends you get at least 150 minutes moderate-intensity exercise every week. This can be achieved several ways. You could join a sports league playing volleyball, basketball, or other sport. You can also get your activity in by biking, swimming, lifting weights, or anything else that gets you breathing hard and your heart beating faster. If you do nothing else, at a minimum, you should go on a 30 minute walk at least 5 days a week. If none of these sound appealing to you, there is another way...



## Play the Drums!

This is a recommendation that should be on the CDC list but isn't. The drums are the most physical instrument that can be played. Most drummers will tell you that they exert real energy similar to a workout when practicing or playing a show. This is especially true for heavy metal drummers that play an at intense speed.

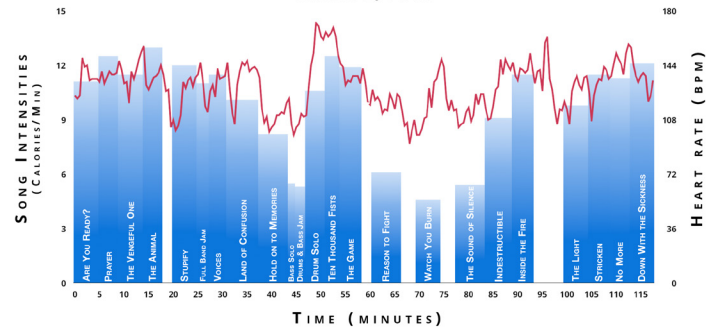
Dr. Nadia Azar, Associate Professor of Kinesiology at the University of Windsor has extensively studied the energy intensity and calorie burn of rock and metal drummers. Figure 3 shows the calories burned by Mike Mangini of Dream Theater across two different shows in 2017.

		DETROIT NOVEMBER 9, 2017	TORONTO NOVEMBER 12, 2017
SET 1	CALORIES	542	521
SET 2	CALORIES	624	604
	INTENSITY (CALORIES/MIN)	8.4	8.1
ENCORE	CALORIES	193	193
	INTENSITY (CALORIES/MIN)	8.4	8.4
TOTAL	TOTAL CALORIES BURNED	1359	1318

He burned over 1,300 calories over 160 minutes. This workout is more intense than swimming laps for 3 hours! In another study Dr. Azar tracked the calories per minute burned and heart rate of Mike Wengren of Disturbed (Figure 4).

Mike's heart rate stayed above 120 BPM throughout most of the show and on average he burned 10 calories per minute. Believe it or not, there are some bands that have even more intense drummers than Dream Theater and Disturbed. One such example is Spencer Prewett of Archspire: [Drum Playthrough](#) (youtube link). Within a few seconds you can see why playing drums at this level requires the commitment of an athlete. Who knew playing drums for a death metal band was the best thing to keep you alive?

## SONG INTENSITIES & HEART RATE MARCH 5, 2019



No matter what genre of music you play, you will burn calories and help your heart too! This is a great instrument to keep your kids healthy (and wear them out). Maybe your New Year's resolution was to learn a new instrument. Now you can hit two cymbals with one stick and do your heart a favor too.

### Sources:

Figure 1: Cardio Smart, American College of Cardiology

Figure 2: Christopher Vanderyajt (<https://www.bicycling.com/skills-tips/a26683483/psychology-of-jumping-on-a-bike/>)

Figure 3: Dr. Nadia Azar (<https://www.drumeo.com/beat/burn-calories-drumming-mike-mangini/>)

Figure 4: Dr. Nadia Azar (<https://www.drumeo.com/beat/burn-calories-drumming-mike-wengren/>)

Link: <https://www.youtube.com/watch?v=rhxWlkicOA&t=118s>

# HEALTHY BEATS

Please join us for a special presentation:  
**Healthy Beats: Recognizing the Importance for Healthy Heart Care in Recognition of Heart Health Awareness Month**

February is Heart Health Month, and we've invited four distinguished guests to share their expertise in an upcoming webinar. Please join us, as: Dr. E. Lee Washington, Senior Medical Director at Aetna, discusses risk factors of heart disease; Meghan Bertolino, MPH, Health Educator and Cara Barnett, MPH, Cardiovascular Program Manager with the Illinois Department of Public Health, will discuss hypertension and prevention; and Cynthia Shelby-Lane, MD, Balancing Life's Issues, provides an insight from a survivor's perspective recovering from cardiac arrhythmia episode.

**Wed., Feb 15, 2023**  
**12:00 pm – 1:00 pm CST**

Register Here:

<https://tinyurl.com/4fu22vxx>

**Introducing our NEW Healthy Beats Podcast series!**

We're teaming up with Aetna to bring you a NEW podcast series on important health topics to help you live well and stay well. Hear personal stories of triumphant health journeys from people who've experienced health challenges and setbacks in their lives.

Join our February podcast that features Cynthia Shelby-Lane, a physician who herself has faced challenges with heart health, as she shares her story of how she found the root cause of her recurring condition and is now living a heart-healthy life!

**Sponsored by:**

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## BENEFIT CORNER

### Wellness Webinars

#### Be Well Illinois 2 year Anniversary

Be Well Illinois Celebrates its 2nd Year Anniversary! It's time to get your opinion on Be Well Illinois. Please participate in this quick survey and tell us how Be Well Illinois can continue to help you on your wellness journey!



#### Healthy Lifestyles: Changing the Way You Think About Diet and Exercise

Wednesday, February 1, 2023, from 12:00 – 1:00 PM CT



Join this webinar to:

- Learn the reasons that exercise is an important part of a healthy lifestyle.
- Learn small steps people can take to build exercise into the daily routine.
- Learn the value of lifestyle changes.
- Learn diet fads that are ineffective at maintaining a healthy lifestyle.
- Learn how to eat appropriate portions and how to shop for the healthiest foods.

[Register – Changing the Way You Think About Diet and Exercise](#)

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#### Communicating the Tough Stuff to Your Child: Drugs, Alcohol, Sex and Peer Pressure

Wednesday, February 16, 2023, from 12:00 – 1:00 PM CT



Join this webinar to:

- Learn how trust, respect, transparency and discipline can be cultivated in your relationship.
- Learn the influence of peer culture on your child.
- Learn how family problems and parental modeling place children at risk.
- Learn useful guidelines for discussing alcohol and drug use.
- Learn helpful tips for addressing sexuality with your preteen.

[Register – Communicating the Tough Stuff to Your Child: Drugs, Alcohol, Sex and Peer Pressure](#)

Brought to you by: **COMPSYCH®**  
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## BENEFIT CORNER

### Wellness Podcasts

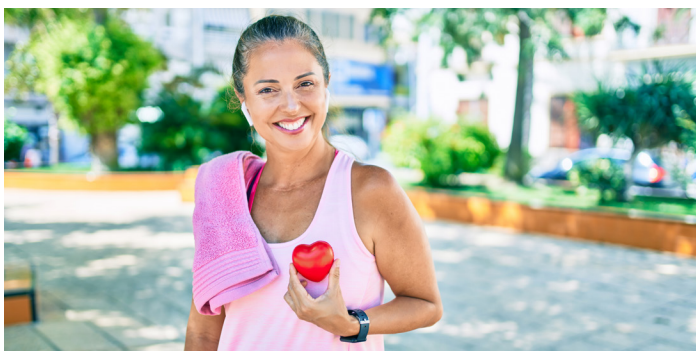


### Black History Month- In Pursuit of Health and Racial Equity

February is Black History Month and the *Hally Healthcast*, has a special panel discussion about incredibly important topics for our communities and our country as a whole, for the pursuit of health and racial equity for Black Americans. Our featured guest is [Dr. Kevin R. Teal](#), Staff Neurosurgeon at [Carle Neuroscience Institute](#) in Urbana, Illinois.

[Click Here to Listen to Black History Month- In Pursuit of Health and Racial Equity](#)

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### Heart Health

February is National Heart Awareness Month and the *Hally Healthcast*, has a special panel discussion about National Heart Month. Their panelists are Dr. Matthew Kamin, a Cardiologist at Christie Clinic in Champaign, IL and a Fellow in the American College of Cardiology.

[Click Here to Listen to Heart Health](#)

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### Oral Health, Return to Sports Guidelines

In this episode Abiye Y. Okah, MD, FAAP, explains the importance of early intervention to prevent pediatric caries (or cavities). Hosts David Hill, MD, FAAP and Joanna Parga-Belinkie, MD, FAAP, also talk to Susannah Briskin, MD, FAAP, lead author of the AAP Covid-19 Guidance: Return to Sport, about infection prevention during youth sports and safely returning to physical activity after recovering from COVID-19.

[Click Here to Listen to Oral Health, Return to Sports Guidelines](#)

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If you are unable to attend the live webinars, a recording link will be made available after each event and posted at [Illinois.gov/BeWell](https://Illinois.gov/BeWell).

We encourage you to **like and follow Be Well Illinois on Facebook** for motivational messages, special **Be Well Illinois** challenges and opportunities for engagement with your peers. [Click here to be added to our mailing list](#) for motivational messages and to be the first to be notified of upcoming events and wellness opportunities.

# FEDINSIDER DIGITAL ROUNDTABLE

## Streamlining HR from Hire to Retire with Digitization



Thursday, February 23, 2023, 2:00 pm EST

CMS Chief Administration Officer Sarah Kerley will be joining The George Washington University Center for Excellence in Public Leadership and FedInsider as a panelist in a video roundtable. She will be speaking to a national audience about streamlining

HR with digitization, and the advances that are being made at the State of Illinois with the once-in-a-generation Human Capital Management (HCM) project.

**Session Description:** Government agencies at all levels, from the smallest town to the biggest federal offices, are struggling

with filling job vacancies and retaining workers, especially for in-demand skills such as cybersecurity and IT management.

For the U.S. government, [strategic human capital management](#) has been identified as a serious problem for more than 20 years. State and local agencies [continue to feel](#) the effects of both the pandemic and competition with the private sector. These challenges are made worse by manual and paper-based HR processes that slow hiring decisions, hurt productivity and negatively affect employee morale.

Applying digital workflow management tools to automate repetitive and tedious tasks can help all agencies become more competitive in the employment space and improve job satisfaction.

[To learn more and to register, visit this link](#)

## KEY DATES



### Black History Month

Save the Dates – Stay Tuned for details in your email and on CMS Social Media!

### Statewide Monthly Recruitment Call in Honor of Black History Month

Tuesday, February 14, 2023 | 1:30PM-3:00PM

CMS' Diversity and Inclusion to host the February monthly recruitment call. This month, D&I will share lessons learned from African American-centered outreach. This call will provide participants with an overview of best practices and lessons learned while creating authentic relationships in communities and outreach program development that yield recruitment.

### Delta Sigma Theta Sorority 11th Annual Job Fair

Wednesday, February 15, 2023 | 10:00AM-1:00PM

Jackie Joyner-Kersey Center, East St. Louis, IL

### CMS Live Conversations (webinar) Building an Inclusive Workplace

Thursday, February 16, 2023 | 12:00PM-1:00PM

Join CMS' Diversity & Inclusion during the lunch hour for a live webinar with special guests who will help us celebrate Black History Month and the evolving terminology and continued efforts in inclusion.

### Diversity Equity & Inclusion Job Fair Hosted by City of Carbondale

Wednesday, February 22 2023 | 10:00am-2:00PM

Carbondale Civic Center, Carbondale, IL

### Tinley Park Diversity Job Fair Hosted By Catalyst Career Group

Tuesday, February 28, 2023 | 10:00AM to 12:30PM

Tinley Park Convention Center, Tinley Park

### Statewide Career Fair (in person) In Collaboration with Senator Doris Turner

Tuesday, February 28, 2023



Office of the Director, Raven A. DeVaughn (217) 782-2141

To learn more and keep up with CMS, visit us online.

